



# EXPLORING EAST REGION TRENDS AND INFLUENCES

*Presented to: East Region Live Well San Diego Leadership Team  
November 16<sup>th</sup>, 2015*

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Health and Human Services  
Public Health Services Community Health Statistics Unit*





**LIVE WELL**  
SAN DIEGO

Building  
Better  
Health

Living  
Safely

Thriving

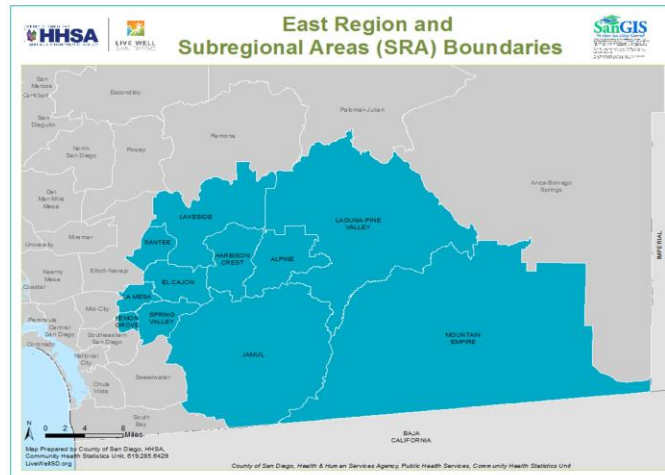


## DEMOGRAPHICS, 2013



East Region Population: **471,712**

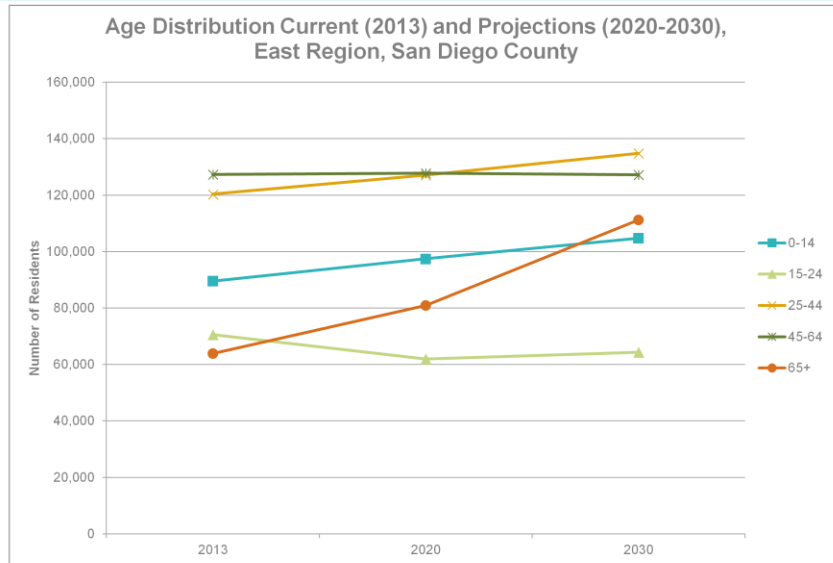
Nearly 1 in 7 residents in San Diego County live in East Region.



Source: 2009-2013 American Community Survey (ACS) 5-year estimates; SANDAG, Current Population Estimates, released 10/2013.  
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

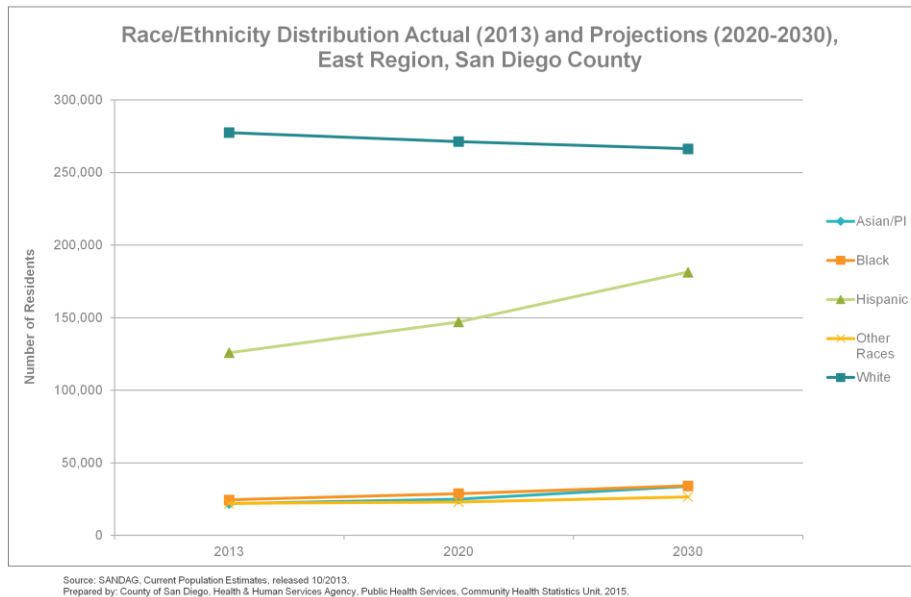
- East Region residents make up 15% of San Diego county's residents.
- Nearly 159,000 households, 51,325 of which had children under the age of 18.
  - Nearly 1 out of 3 (32.3%) of households which had children under the age of 18 were single parent households.

## DEMOGRAPHICS, 2013-2030



- Currently, the largest proportion of individuals in East Region are adults 45-64 years.
  - **However by 2030, the largest proportion will be individuals ages 25-44 years.**
- The age group with the largest projected increase from 2013 to 2030 for East Region is among adults 65 years and older (a 75% increase from 2013 to 2030).

## DEMOGRAPHICS, 2013-2030



- In 2013, whites accounted for 59% of the East Region population. However by 2030 this will decrease to 49%.
  - This is primarily **due to the increase in the Hispanic population** in East Region; in 2013, Hispanics accounted for 27% of the East Region population and by 2030 they will account for 33%.

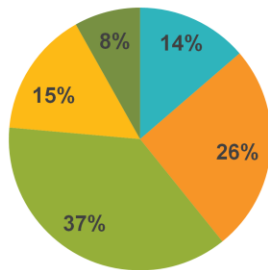
## DEMOGRAPHICS, 2013



### EDUCATION

Educational Status, Population  
25 Years and Older, East Region, 2013

- < High School Graduate
- Some College or AA
- Graduate Degree
- High School Graduate
- Bachelor Degree



### HEALTH INSURANCE

Nearly 1 in 6 East Region residents  
do not have health insurance  
coverage

### UNEMPLOYMENT

11% of East Region residents are  
unemployed

Source: 2009-2013 American Community Survey (ACS) 5-year estimates; SANDAG, Current Population Estimates, released 10/2013.  
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

### Comparison to San Diego County overall:

**Education:** Only 23% of East Region residents have a bachelor's degree or higher compared to 35% of all San Diego County residents.

**Health Insurance:** The percentage of East Region residents with health insurance is comparable to the county's percentage overall, at 85% and 83% respectively.

**Unemployment:** A slightly higher percentage of East Region residents were unemployed (11%) compared to the county overall (10%).

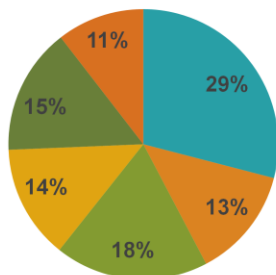
## DEMOGRAPHICS, 2013



### INCOME

Total Household Income,  
East Region, 2013

- < \$35,000
- \$35,000 to \$50,000
- \$50,000 to \$75,000
- \$75,000 to \$100,000
- \$100,000 to \$150,000
- > \$150,000



### POVERTY

#### Percent Below Poverty Level

Population	15.01%
Families	11.19%
Families With Children	17.34%



Nearly **1 in 6** families with  
children are below poverty  
level

Source: 2009-2013 American Community Survey (ACS) 5-year estimates; SANDAG, Current Population Estimates, released 10/2013.  
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

### Comparison to San Diego County overall:

**Income:** 26% of East Region households had higher median incomes (at \$100,000+), whereas 29% of all county household's had incomes at \$100,000 and higher.

**Poverty:** A higher percentage of East Region residents lived below the poverty level (15%) compared to the county overall (14%).

→ In addition, there was a greater percentage of families with children living in poverty in East Region (17%) vs. the county overall (15%).

# BUILDING BETTER HEALTH

*Did you know...*



*Change your life by...*

- Walking for 30 minutes every day
- Eating healthy, at least 5 fruits and veggies daily
- Not smoking!



COUNTY OF SAN DIEGO  
**HHSA**  
HEALTH AND HUMAN SERVICES AGENCY

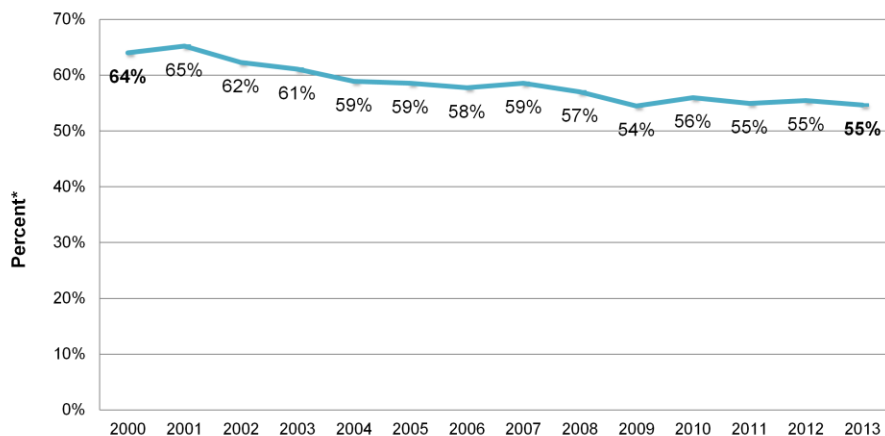


**LIVE WELL**  
SAN DIEGO

## 3-4-50 CHRONIC DISEASE DEATH PERCENTAGES, TREND 2000-2013



**3-4-50 Death† Percentages\* Among East Region Residents, 2000-2013**



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

\*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Since the year 2000, the percentages of deaths due to 3-4-50 chronic diseases have decreased down to 55%

## 3 BEHAVIORS, 2013



### Smoking

**1 out of 8** teens and adults were current smokers.

**1 out of 8** teens and adults were current smokers.

### Lack of Physical Activity

**30.1%\*** of children engaged in physical activity for at least 1 hour daily.

**28.2%** of children engaged in physical activity for at least 1 hour daily.

### Diet

**1 out of 4** residents ate fast food three or more times in the past week.

**Over 1 out of 5** residents ate fast food three or more times in the past week.

\*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.  
Source: UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

## 4 DISEASES, 2013



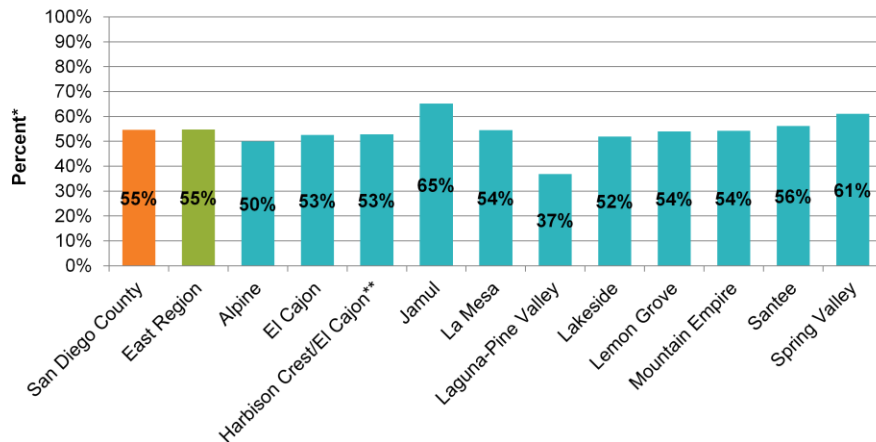
	East Region	San Diego County
<b>Cancer</b>	Cancer was the leading cause of death.	Cancer was the leading cause of death.
<b>Heart Disease &amp; Stroke</b>	4.4% adults had ever been diagnosed with heart disease.	6.0% of adults had ever been diagnosed with heart disease.
<b>Diabetes</b>	1 out of 15 adults had ever been diagnosed with diabetes.	1 out of 12 adults had ever been diagnosed with diabetes.
<b>Lung Disease</b>	1 out of 10 residents had ever been diagnosed with asthma.	1 out of 8 residents had ever been diagnosed with asthma.

\*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.  
Source: UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

## 3-4-50 CHRONIC DISEASE DEATH PERCENTAGES, 2013



### 3-4-50 Death† Percentages\* Among San Diego County Residents - East Region, 2013



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\*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.  
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

-Overall, East Region has percentages of death due to 3-4-50 chronic disease comparable to the County.

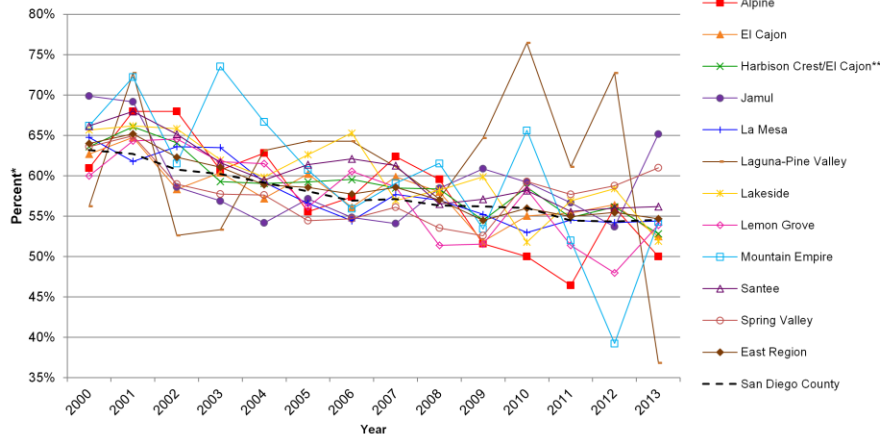
-However; Santee, Spring Valley, and Jamul have the highest percentages at 56%, 61%, and 65%, respectively, which are all higher than the region and county overall.

-Laguna-Pine Valley was considerably lower at 37%.

## 3-4-50 CHRONIC DISEASE DEATH PERCENTAGES, TREND 2000-2013



### 3-4-50 Death† Percentages\* Among San Diego County Residents - East Region, 2000-2013



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

\*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

NOTE: This is a densely packed graph.

- Overall, the percentage of deaths due to chronic disease decreased in the East Region and its Subregional Areas (SRAs) from 2000-2013.
- Compared to the county, the East Region generally had higher percentages of deaths due to chronic disease in every year from 2000-2013. However, the East Region had a lower percentage of deaths due to chronic disease in 2009.
- Among the East Region SRAs, Jamul had the highest percentage of deaths due to chronic disease in 2000 and in 2013.
- Among the East Region SRAs, Laguna-Pine Valley went from having the highest percentage of chronic disease deaths in 2012 to having the lowest percentage in 2013.



# 3-4-50 BY HEALTH EQUITY LENSES

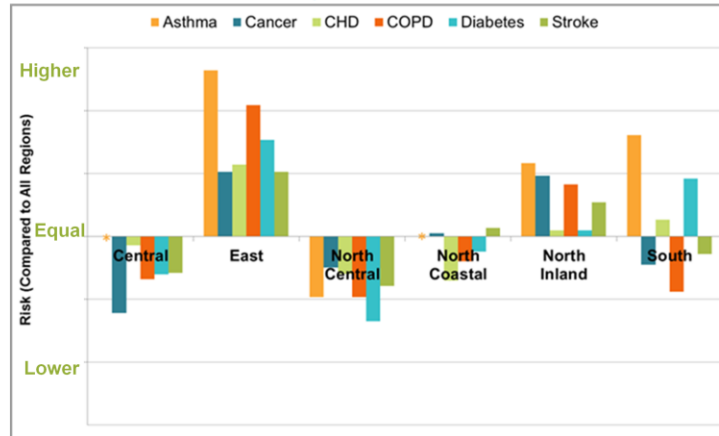
*San Diego County Data*



## 3-4-50 BY REGION



**RISK OF 3-4-50† DEATH OUTCOMES BY  
SAN DIEGO COUNTY REGION, 2013**  
East Region residents were at higher risk of death for all chronic diseases;  
particularly Asthma and COPD.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.  
\*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.  
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.  
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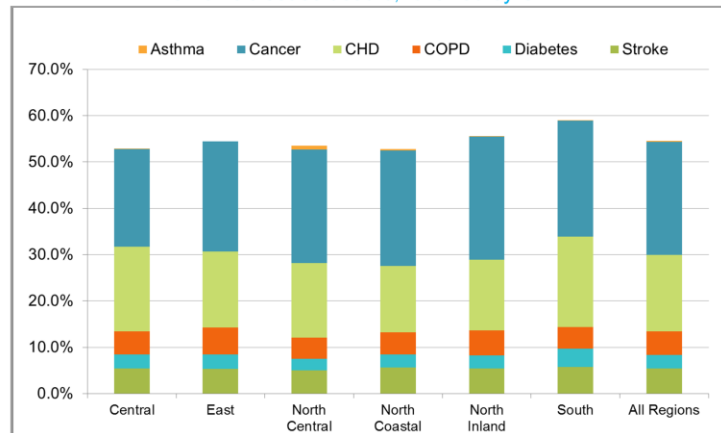
East Region residents were at higher risk of death for *all* chronic diseases;  
particularly Asthma and COPD.

## 3-4-50 BY REGION



### PERCENTAGES\* OF 3-4-50 DEATHS IN SAN DIEGO COUNTY BY REGION, 2013

Regardless of region, cancer accounted for the greatest percentage of chronic disease deaths, followed by CHD.



\*3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.  
\*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.  
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.  
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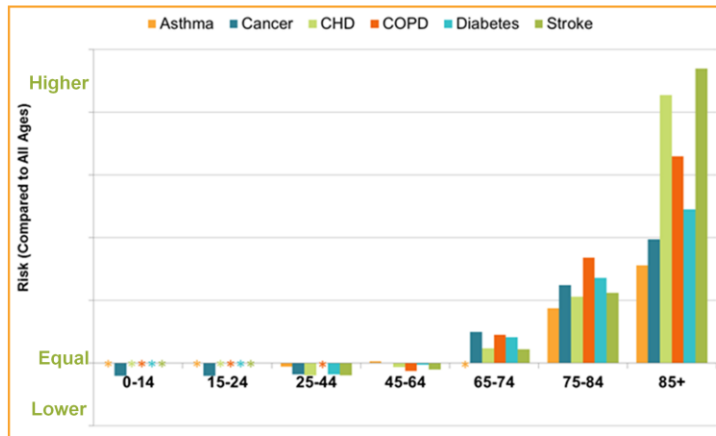
Regardless of region, cancer accounted for the greatest percentage of chronic disease deaths, followed by CHD.

## 3-4-50 BY AGE



### RISK OF 3-4-50† DEATH OUTCOMES BY AGE GROUP, 2013

The percent of the population 65 and older in East Region is 13.6%.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

\*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.  
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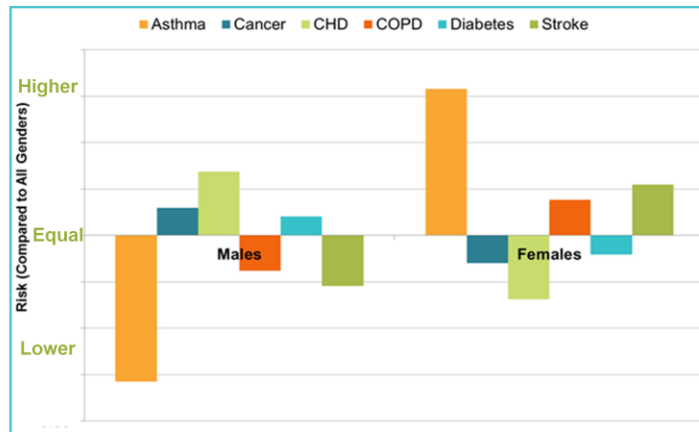
The percent of the population 65 and older in East Region is 13.6%.

## 3-4-50 BY GENDER



### RISK OF 3-4-50† DEATH OUTCOMES BY GENDER GROUP, 2013

The ratio of Males to Females in East Region is roughly 50:50.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

‡3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

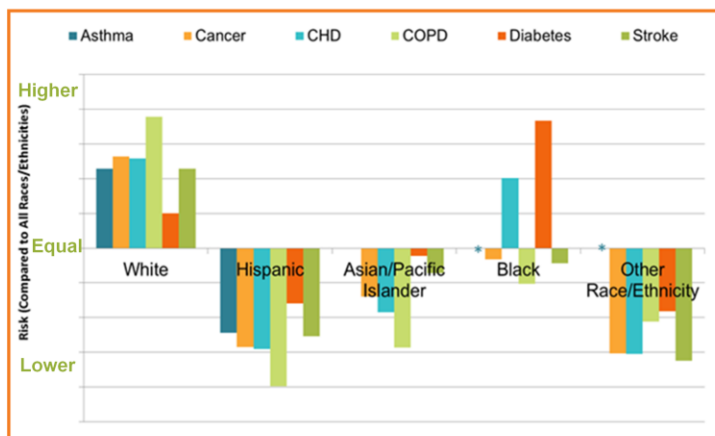
- The ratio of Males to Females in East Region is roughly 50:50.
- CHD, cancer, and diabetes risk of death due to 3-4-50 outcomes was higher among males.
- Asthma, COPD, and stroke risk of death due to 3-4-50 outcomes was higher among females.

## 3-4-50 BY RACE/ETHNICITY



### RISK OF 3-4-50† DEATH OUTCOMES BY RACE/ETHNICITY GROUP, 2013

- The percent of whites in East Region is 58.8%.
- The percent of blacks in East Region is 5.2%.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

\*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

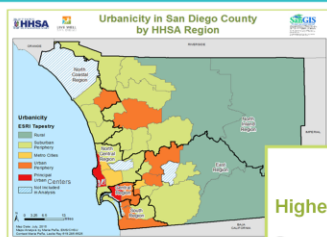
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.  
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

- The percent of whites in East Region is 58.8%.
- The percent of blacks in East Region is 5.2%.
- Compared to the county overall, whites were at higher risk for *all* 3-4-50 diseases whereas blacks were at higher risk for diabetes and Coronary Heart Disease (CHD).

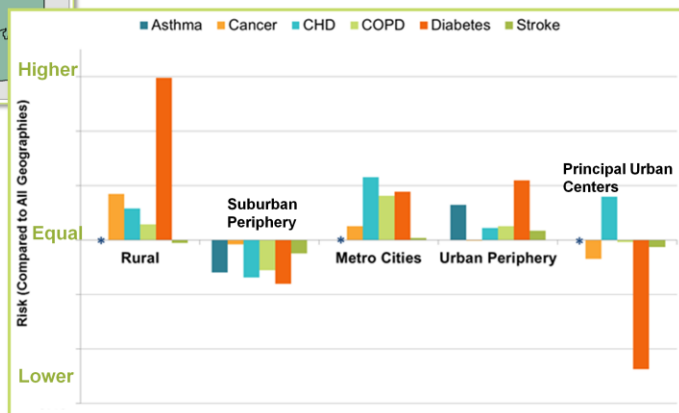
## 3-4-50 BY GEOGRAPHY



LIVE WELL  
SAN DIEGO



### RISK OF 3-4-50† DEATH OUTCOMES BY GEOGRAPHY GROUP, 2013



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‡3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013. Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

East Region has nearly all of the Urbanicity categories. The majority of the population fall in the Suburban Periphery, Urban Periphery or Metro Cities categories.

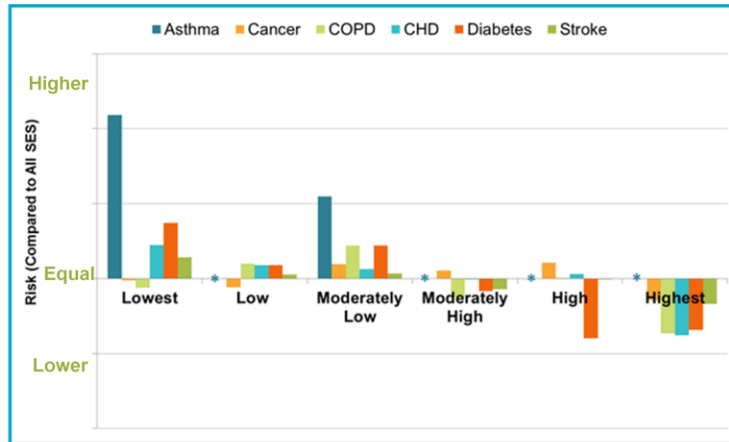
-Urban Periphery and Metro Cities have higher risk of death for all 3-4-50 chronic diseases while suburban periphery have lower risk of death for all 3-4-50 chronic diseases.

## 3-4-50 BY SOCIOECONOMIC STATUS



### RISK OF 3-4-50† DEATH OUTCOMES BY SOCIOECONOMIC STATUS, 2013

East Region consists of communities ranging from the low SES to the highest.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

‡3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.  
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

East Region consists of communities ranging from the low SES to the highest.

Low: Lemon Grove, La Mesa, El Cajon, and Mountain Empire

Moderately Low: Lakeside and Laguna-Pine Valley

Moderately High: Spring Valley and Santee

High: Alpine

Highest: Jamul



# EXPLORING BEHAVIORAL HEALTH TRENDS IN EAST REGION

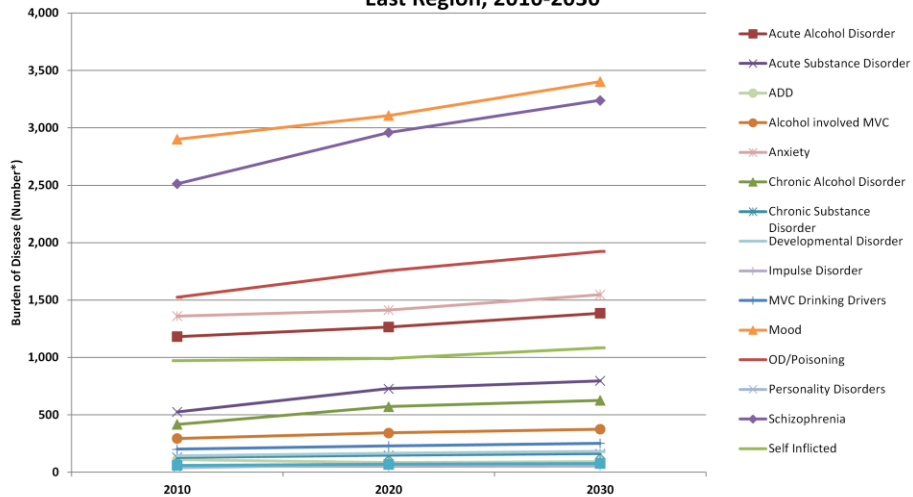
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## BEHAVIORAL HEALTH TRENDS



**Behavioral Health Data, Trends and Projections,  
East Region, 2010-2030**



\*Number of emergency department discharges, hospitalizations, and deaths.  
Source: Death Statistical Master Files (CDPH), Patient Discharge Database (CA OSHPD), Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch.  
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015

Between 2010-2030,

- There is an overall projected increase in behavioral health projections; however, **Mood disorders followed by schizophrenia and OD/poisoning are expected to remain the top 3 behavioral health concerns in East Region.**

## ADDITIONAL BEHAVIORAL HEALTH



### ALCOHOL OR DRUG USE IN PAST MONTH, SAN DIEGO COUNTY, 2013

Grade Level	Percent
7th Grade	11.10%
9th Grade	24.70%
11th Grade	33.30%
Non-Traditional	N/R

### ALCOHOL OR DRUG USE IN PAST MONTH, TOTAL EAST REGION SCHOOL DISTRICTS, 2013

Grade Level	Percent
7th Grade	11.7%
9th Grade	26.2%
11th Grade	34.2%
Non-Traditional	35.7%

- In 2013, there was a higher percentage of students reporting drinking or using drugs in 9<sup>th</sup> and 11<sup>th</sup> grades in the East Region compared to the County.

Data Source: California Department of Education, California Healthy Kids Survey and California Student Survey (WestEd).  
Footnote: Percentage of public school students in grades 7, 9, 11, and non-traditional students reporting whether they used alcohol or any illegal drug (excluding tobacco) in the past 30 days. The 2011-2013 time period reflects data from school years 2011-12 and 2012-13. District- and county-level figures are weighted proportions from the 2011-13 California Healthy Kids Survey, and state-level figures are weighted proportions from the 2011-13 California Student Survey. The grade levels included in school district data depend on the grades offered in each district; for example, high school districts do not include 7th grade data.

-In 2013, there was a higher percentage of students reporting drinking or using drugs in 9<sup>th</sup> and 11<sup>th</sup> grades in the East Region compared to the County.

### Student Reported Question

School Districts include: Alpine Union Elementary, Cajon Valley Union, Grossmont Union High, Jamul-Dulzura Union Elementary, La Mesa-Spring Valley, Lemon Grove, Santee Elementary.

"Non-Traditional" students are those enrolled in Community Day Schools or Continuation Education; according to Ed-Data, these schools make up about 10% of all public schools in California.

N/R indicates that the sample is too small to be representative.

## ADDITIONAL BEHAVIORAL HEALTH



### RECREATIONAL USE OF PRESCRIPTION DRUGS IN LIFETIME BY GRADE LEVEL, SAN DIEGO COUNTY, 2013

Grade Level	Percent
9th Grade	12.7%
11th Grade	16.6%
Non-Traditional	N/R

### RECREATIONAL USE OF PRESCRIPTION DRUGS IN LIFETIME BY GRADE LEVEL, GROSSMONT UNION HIGH, 2013

Grade Level	Percent
9th Grade	14.8%
11th Grade	20.9%
Non-Traditional	N/R

- For both 9<sup>th</sup> and 11<sup>th</sup> grades, Grossmont Union High had higher reported percentages of students using prescription drugs recreationally than the County overall.
- Note: Grossmont Union High was the only school district who had reportable, statistically stable numbers for this question

Data Source: California Department of Education, California Healthy Kids Survey and California Student Survey (WestEd).  
Footnote: "Prescription drugs" include prescription pain killers (e.g., Vicodin, OxyContin, Percodan, Lortab), barbiturates (e.g., Seconal, Nembutol, Amital), tranquilizers or sedatives (e.g., Xanax, Valium, Ativan, Librium, Klonopin, benzodiazepines), and stimulants (e.g., Ritalin, Adderall). The 2011-2013 time period reflects data from school years 2011-12 and 2012-13. District- and county-level figures are weighted proportions from the 2011-13 California Healthy Kids Survey, and state-level figures are weighted proportions from the 2011-13 California Student Survey.

-For both 9<sup>th</sup> and 11<sup>th</sup> grades, Grossmont Union High had higher reported percentages of students using prescription drugs recreationally than the County overall.

Note: Grossmont Union High was the only school district who had reportable, statistically stable numbers for this question

### Student Reported Question

"Non-Traditional" students are those enrolled in Community Day Schools or Continuation Education; according to Ed-Data, these schools make up about 10% of all public schools in California.

N/R indicates that the sample is too small to be representative.



## MARIJUANA USE IN LIFETIME, BY GRADE LEVEL:2011-2013

San Diego County	Percent					
	0 Times	1 Time	2 Times	3 Times	4-6 Times	7 or more times
7th Grade	91.1%	2.8%	1.1%	0.8%	0.9%	3.2%
9th Grade	74.7%	4.6%	2.6%	2.3%	3.0%	12.9%
11th Grade	61.9%	5.2%	3.5%	2.9%	4.7%	21.7%
Non-Traditional	N/R	N/R	N/R	N/R	N/R	N/R

East Region (School Districts)	Percent					
	0 Times	1 Time	2 Times	3 Times	4-6 Times	7 or more times
7th Grade	91.8%	2.7%	0.9%	1.0%	0.6%	3.1%
9th Grade	73.9%	4.6%	2.8%	2.6%	3.7%	12.3%
11th Grade	59.3%	5.1%	3.1%	3.2%	4.9%	24.5%
Non-Traditional	N/A	N/A	N/A	N/A	N/A	N/A

Data Source: California Department of Education, California Healthy Kids Survey and California Student Survey (WestEd).

Footnote: Percentage of public school students in grades 7, 9, 11, and non-traditional students reporting the number of times they ever have used marijuana. The 2011-2013 time period reflects data from school years 2011-12 and 2012-13. District- and county-level figures are weighted proportions from the 2011-13 California Healthy Kids Survey, and state-level figures are weighted proportions from the 2011-13 California Student Survey.

- East Region has a lower percentage of the 7<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> grade population having used marijuana 7 or more times in their lifetimes.

School Districts include: Alpine Union Elementary, Cajon Valley Union, Grossmont Union High, Jamul-Dulzura Union Elementary, La Mesa-Spring Valley, Lemon Grove, Santee Elementary.

"Non-Traditional" students are those enrolled in Community Day Schools or Continuation Education; according to Ed-Data, these schools make up about 10% of all public schools in California.

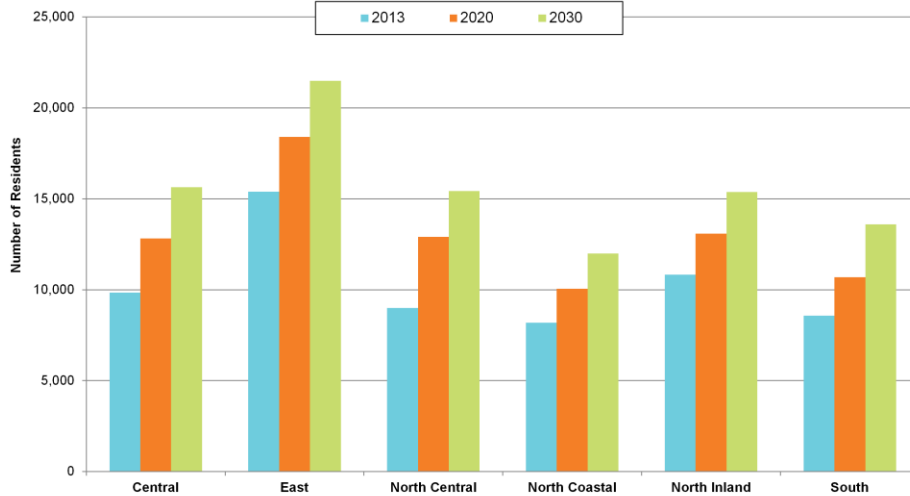
N/A indicates that the survey was not administered in that period or that data are not available for that group.

N/R indicates that the sample is too small to be representative.

## BEHAVIORAL HEALTH TRENDS



Estimate of the Number of Residents with Alzheimer's Disease and Other Dementias by Health and Human Services Agency Regions, 55 Years and Older, San Diego County, 2012-2030



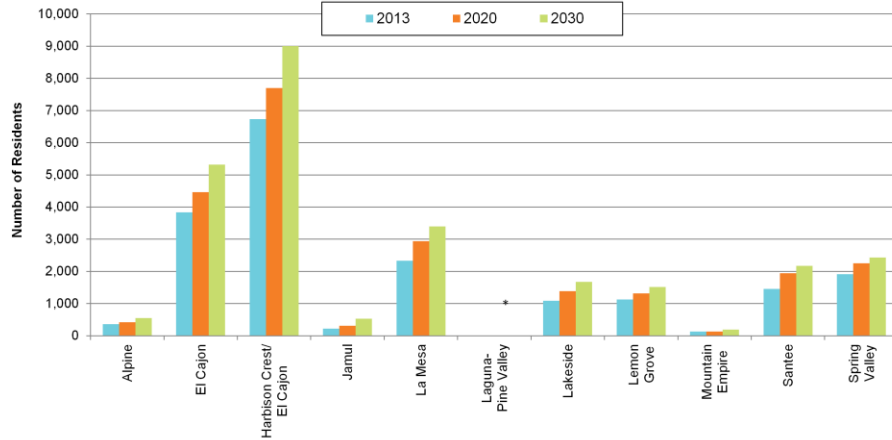
Source: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, Alzheimer's Disease and Other Dementias Database.

- In 2013, 62,000 San Diegans age 55 years and older were living with ADOD.
  - In 2013, one in five San Diego County residents age 55 years and older discharged from the hospital or emergency department (ED) with a mention of ADOD lived in East Region.
  - By 2030, East Region will have the largest proportion of residents living with ADOD in San Diego County.
  - East Region's 55 years and older ADOD population will continue to account for nearly a quarter of the entire 55 years and older ADOD population in San Diego County in 2030.
  - The large population of residents living with ADOD in East Region poses a challenge to both the health care and life care systems and networks in the area.



## ADOD PROJECTIONS BY COMMUNITY

Estimate of the Number of Residents with Alzheimer's Disease and Other Dementias by Sub-Regional Area of the Health and Human Services Agency East Region, 55 Years and Older, San Diego County, 2013-2030



\*Projections not reported for <20 cases. Source: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, Alzheimer's Disease and Other Dementias Database.

- One in four East Region residents living with ADOD lived in El Cajon in 2013. This trend is expected to continue through 2030.

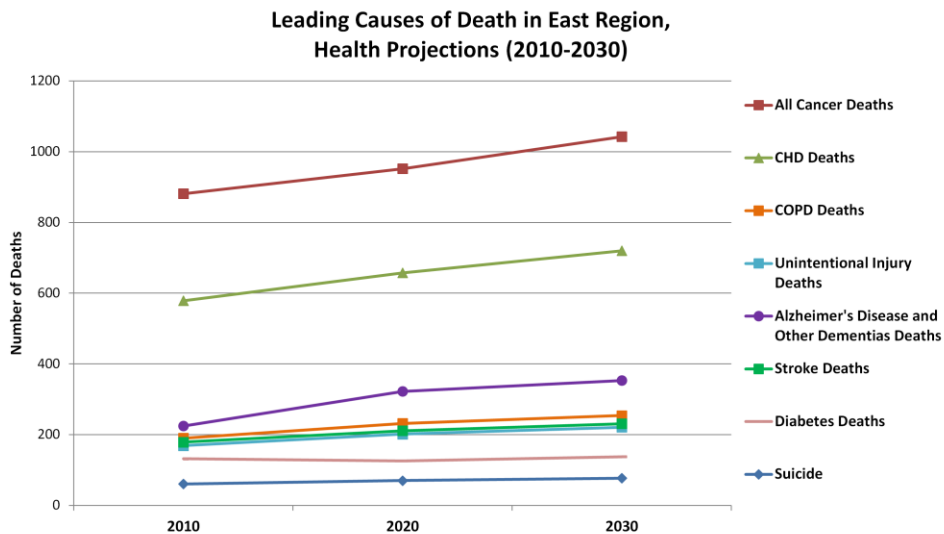


# LEADING CAUSES OF DEATH IN EAST REGION

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# LEADING CAUSES OF DEATH, 2010-2030



Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

**Cancer was the leading cause of death** among East Region residents followed by Coronary Heart Disease (CHD). This trend is projected to remain the same by 2030.

In East Region, **Alzheimer's Disease and Other Dementias (ADOD) was the 3<sup>rd</sup> leading cause of death** and is expected to remain the 3<sup>rd</sup> leading cause of death by 2030.



# A CLOSER LOOK INTO EAST REGION

*Community Health Improvement Plans (CHIP)*



# EAST REGION COMMUNITY HEALTH IMPROVEMENT PLAN



## PRIORITY AREA 1: ACTIVE LIVING



### GOAL: INCREASE PHYSICAL ACTIVITY FOR EAST REGION RESIDENTS.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
1.1.2 Increase youth engagement in physical activity by 5%, by 2018.	Percentage of children and teens under the age of 18 who visited a park, playground, or open space in last month	California Health Interview Survey	84%	92.3%* *statistically unstable	70.5%* *statistically unstable
	Percentage of children ages 5-11 who engaged in physical activity for at least one hour daily	California Health Interview Survey	22.8%* *statistically unstable	30.1%* *statistically unstable	No data available
	Percentage of teens ages 12-18 who engaged in physical activity for at least one hour daily	California Health Interview Survey	16.5%* *statistically unstable	9.8%* *statistically unstable	16.1%* *statistically unstable

- Please note that some of the percentages in the above table are statistically unstable but provided for trending purposes. Please proceed with caution when using these numbers.
- Per data provided by the California Health Interview Services (CHIS) survey:
  - Between 2011-2012 and 2014, the percent of **children 5-11 years old** who engaged in physical activity for at least one hour daily increased from 22.8% to 30.1%.\*
  - The percent of **teens ages 12-18** who engaged in physical activity for at least one hour daily remained at around 16% between 2011-2012 to 2014.\*

## PRIORITY AREA 2: HEALTHY EATING



### GOAL: INCREASE HEALTHY EATING IN EAST COUNTY.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
2.2.2 Establish baseline of schools participating in farm to school programs and increase by two, by 2016.	Percent of children ages 5-11 eating 5 or more fruits and veggies per day	California Health Interview Survey	53.9%	N/A	N/A
	<i>Percent of children ages 5-11 eating 2 or more fruits yesterday</i>	California Health Interview Survey	54.1%	70.2%* *statistically unstable	41.8%* *statistically unstable
	<i>Percent of children ages 5-11 eating 2 or more veggies yesterday</i>	California Health Interview Survey	N/A	64.7%	62.7%
	Percent of teens ages 12-17 eating 5 or more fruits and veggies per day	California Health Interview Survey	21.5%	N/A	N/A
	<i>Percent of teens ages 12-17 eating 2 or more fruits yesterday</i>	California Health Interview Survey	55.7%	56.4%	51.1%* *statistically unstable
	<i>Percent of teens ages 12-17 eating 2 or more veggies yesterday</i>	California Health Interview Survey	N/A	21.1%	55.7%

- Please note that some of the percentages in the above table are statistically unstable but provided for trending purposes. Please proceed with caution when using these numbers.
- Overall, the percentage of **children** in East Region eating two or more fruits the day prior to the day of the survey decreased while the percentage of children eating two or more vegetables decreased slightly.\*
- The percentage of **teens** in East Region eating two or more fruits the day prior to the day of the survey increased from 55.7% at baseline to 56.4% in 2013.
- The percentage of **teens** eating two or more vegetables increased to 55.7% between 2013 and 2014.

## PRIORITY AREA 3: SUBSTANCE ABUSE PREVENTION



**GOAL 1: REDUCE EXPOSURE TO SECONDHAND SMOKE.**

**GOAL 2: REDUCE UNDERAGE CONSUMPTION OF ALCOHOL.**

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
3.2.1 Reduce teen access to alcohol at offsite retail locations by 5%, by 2016.	Percentage of teens who have ever tried alcohol	California Health Interview Survey	33%	17.6%* *statistically unstable	25.7%* *statistically unstable
	Lifetime use of alcohol, 2 or more times	California Healthy Kids Survey	17.9%	14.6%	Not available

- Please note that some of the percentages in the above table are statistically unstable but provided for trending purposes. Please proceed with caution when using these numbers.
- Overall, the percentage of teens who have ever tried alcohol decreased between baseline and 2014.
- In 2013, 14.6% for East Region 9<sup>th</sup> and 11<sup>th</sup> grade students reported having one or more full drinks of alcohol 2 or more times compared to 28.1% 9<sup>th</sup> and 11<sup>th</sup> grade students in San Diego County.






# EAST REGION *LIVE WELL* *SAN DIEGO* INDICATORS

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# TOP 10 LIVE WELL SAN DIEGO INDICATORS

<div></div> <div><b>Live Well San Diego</b> <b>East Sub-Regional Areas</b> <b>Community Indicators - 2015</b></div> <div></div>														Return to East Region Community Map	
Indicator	East Region Communities										East Region (HNSA)	San Diego County	California	United States	
	Alpine	El Cajon	Harbison Crest	Jamul	La Mesa	Laguna-Pine Vly	Lake-side	Lemon Grove	Mount Emery	Santee					Spring Valley
HEALTH															
Life Expectancy															
Measure of length and duration of life expected at birth	82.9 yrs	81.8 yrs	60.7 yrs	79.8 yrs	78.3 yrs	N/A	83.6 yrs	80.7 yrs	N/A	82.0 yrs	87.0 yrs	79.9 yrs	82.3 yrs	78.8 yrs	
Percent of population who smoked cigarettes in the last 12 months	14.9%	19.4%	17.0%	14.2%	21.6%	18.9%	20.5%	16.6%	21.8%	19.6%	18.3%	19.1%	16.8%	20.9%	
Percent of population spending 2 or more hours exercising per week	59.3%	49.1%	52.4%	61.2%	50.8%	52.6%	49.2%	50.4%	47.4%	52.1%	52.1%	51.3%	54.4%	49.2%	
Percent of population having visited a doctor in the last 12 months 6 or more times	33.0%	28.3%	32.4%	33.9%	29.2%	31.8%	28.9%	27.2%	29.4%	30.4%	29.7%	29.5%	28.8%	28.5%	
Quality of Life															
Percent of population that is sufficiently healthy to be able to live independently (not including those who reside in nursing homes or other institutions)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	95.0%	94.5%	
KNOWLEDGE															
Education															
Percent of population with a High School Diploma or Equivalent	91.5%	80.8%	90.5%	85.3%	92.0%	91.0%	88.3%	81.6%	76.3%	90.7%	85.4%	86.1%	84.7%	86.6%	
Percent of population with less than a High School Diploma or Equivalent	8.5%	19.2%	9.5%	14.7%	8.0%	9.0%	11.7%	18.4%	23.7%	9.4%	14.5%	13.9%	15.3%	13.4%	
Percent of population with a Bachelor's Degree	31.2%	20.1%	21.5%	27.2%	34.9%	24.2%	19.5%	13.8%	12.9%	21.9%	25.0%	23.3%	33.4%	29.6%	
Percent of population with a Graduate or Professional Degree	13.2%	6.6%	8.4%	13.0%	12.4%	9.4%	6.1%	3.5%	4.5%	7.2%	8.8%	8.1%	12.7%	11.5%	
Percent of combined gross school enrollment of school aged population	104.7%	85.1%	95.0%	83.2%	101.8%	89.1%	93.8%	91.7%	81.8%	94.1%	92.5%	91.5%	89.4%	88.1%	
STANDARD OF LIVING															
Unemployment															
Percent of the total labor force that is unemployed (actively seeking employment and willing to work)	6.9%	13.3%	6.7%	8.5%	10.1%	11.4%	11.3%	12.6%	15.4%	9.7%	11.4%	11.3%	10.3%	9.7%	
Income															
Percent of population spending less than 1/3 of income on housing	49.6%	46.7%	56.7%	54.2%	47.9%	60.4%	55.2%	48.1%	56.2%	53.4%	50.6%	50.5%	49.9%	63.3%	
Per Capita Income	42,822	23,741	31,101	32,556	31,817	32,111	28,009	22,004	20,470	29,074	28,025	27,781	31,197	28,155	
The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.															
October 2015															

- East Region as a whole is roughly comparable to the County overall for most indicators.
- East Region's life expectancy of 79.9 years in 2013 is lower than the county overall at 82.3 years.
  - HOWEVER, Spring Valley had the highest life expectancy among East Region subregional areas at 87 years whereas Harbison Crest had the lowest at 60.7 years.

## TOP 10 LIVE WELL SAN DIEGO INDICATORS

Live Well San Diego East Sub-Regional Areas Community Indicators - 2015															Return to East Region Community Map		
Indicator	East Region Communities													East Region (HHSJA)	San Diego County	Calif- ornia	United States
	Alpine	El Cajon	Harrison Crest	Jamul	La Mesa	Laguna- Pine Vly	Lake- side	Lemon Grove	Mount Empire	Santee	Spring Valley	Valle Joya	Warner				
Median Household Income	83,724	54,966	73,723	95,852	57,643	65,966	66,327	56,168	45,700	72,173	67,196	63,756	67,349	60,190	52,250		
Percent of population with an interest or non-interest checking account	65.7%	51.1%	61.1%	68.8%	58.6%	66.5%	58.9%	48.2%	58.0%	59.6%	56.2%	56.6%	55.5%	53.3%	57.1%		
Percent of population with a savings account	62.5%	49.7%	58.9%	65.6%	55.6%	61.0%	56.2%	51.5%	56.8%	58.2%	55.2%	54.9%	54.4%	51.8%	53.5%		
Percent of population with either a 401 (K), 403 (b), or an IRA retirement savings plan	41.7%	27.1%	33.5%	44.4%	31.2%	33.3%	29.8%	26.1%	27.0%	34.4%	31.5%	31.0%	31.8%	29.6%	30.2%		
COMMUNITY																	
Security																	
Number of crimes per 100,000 people (all crimes including violent and property)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2,138.1	2,837.2	2,961.6		
Number of unintentional injuries per 100,000 people	6621.32	5725.41	8717.12	5762.80	7620.94	3178.83	5412.25	6538.49	6823.47	6158.4	5035.59	6824.9	5718.97	6344.3	N/A		
Percent of population that feels safe in their neighborhood	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.2%	93.2%	87.0%		
COMMUNITY																	
Physical Environment																	
Percent of days that air quality was rated unhealthy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.7%	5.8%	N/A		
Air Quality Ozone Design Value: Design Value is an average of ozone concentration of the 4th high 8-hour intervals over a 3 year period (2011-2013)	0.08	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.069	N/A	N/A		
Air Quality Particulate Matter: Average number of collected particulate matter samples at the 98th percentile over a 3 year period (2011-2013)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	21.2	N/A	N/A		
Rate of water quality violations per year for federally regulated drinking water contaminants per 100,000 people	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.0	7.3	48.1		
Percent of beach days under a Beach Notification Action (advisories and closures)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	4.7%	5.4%		
Percent of population who recycled products in the last 12 months	70.7%	59.3%	70.3%	70.4%	60.2%	61.0%	59.9%	68.9%	54.6%	65.7%	64.9%	62.9%	64.6%	63.5%	57.6%		





The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

- East Region has a higher Unintentional Injury Rate at 6,824.9 per 100,000 population compared to the county. The county is 5,718.9 per 100,000.


The majority of unintentional injuries are composed of fall-related injuries.


## TOP 10 LIVE WELL SAN DIEGO INDICATORS

<div></div> <div><b>Live Well San Diego</b> <b>East Sub-Regional Areas</b> <b>Community Indicators - 2015</b></div> <div></div>															
Indicator	East Region Communities										East Region (HRS)	San Diego County	California	United States	
	Alpine	El Cajon	Harrison Crest	Jamul	La Mesa	Laguna-Pine Vly	Lake-side	Lemon Grove	Mount Empire	Santee	Spring Valley				
<b>Built Environment</b>															
Percent of population living within a half mile of a park	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	50.0%	58.0%	36.8%
Number of recreational facilities per 100,000 people	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.6	14.9	12.8
Percent of population using public transportation to work	1.2%	3.4%	1.2%	0.5%	2.9%	0.0%	0.9%	4.2%	0.0%	1.3%	2.1%	2.3%	3.1%	5.2%	5.0%
Percent of population with over 60 minutes travel time to work	10.7%	4.7%	6.5%	8.4%	4.4%	19.7%	6.6%	4.8%	28.5%	4.1%	5.4%	5.8%	5.5%	10.1%	8.1%
Average travel time to work for workers age 16 or older (in minutes)	21.3	6	8	19.9	0	7.9	10.7	5.9	21.7	11.5	9.9	8.4	24.4	27.2	25.5
<b>SOCIAL</b>															
<b>Vulnerable Populations</b>															
Percent of population with income of 200 percent of poverty or less, who have experienced food insecurity	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	59.5%	38.1%	38.4%	N/A
Percent of population with self-care difficulty (have difficulty caring for themselves)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.5%	3.0%	3.1%
Percent of population who are a primary caregiver/caretaker	6.7%	6.6%	6.5%	5.8%	6.6%	6.9%	6.6%	6.5%	6.5%	6.4%	6.6%	6.5%	6.3%	6.5%	7.0%
Percent of population without health insurance (18 to 64 years of age)	15.4%	25.0%	15.1%	16.3%	19.8%	20.2%	16.9%	24.5%	28.0%	13.9%	21.5%	20.5%	22.7%	24.5%	20.6%
Percent of population with linguistic isolation (unable to communicate effectively in English)	0.3%	8.3	2.3%	4.1	3.2%	1.0%	1.7%	7.2%	0.5%	2.5%	4.2%	4.6%	8.6%	9.9%	4.6%
Percent of population who have access to Internet at home using a computer	90.5%	78.3%	86.2%	91.0%	82.9%	81.4%	82.7%	83.7%	74.9%	87.4%	84.6%	83.1%	82.7%	81.1%	78.6%
<b>Community Involvement</b>															
Percent of residents who volunteer	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	26.9%	24.3%	25.4%
Percent of the population who donates to charity	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	55.9%	48.7%	51.0%
Percent of residents registered to vote who voted in the 2012 presidential election	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	77.0%	72.4%	63.8%
Percent of population who voted in Federal, State, or local elections in the last 12 months	54.3%	41.3%	50.3%	57.6%	47.5%	55.1%	45.4%	40.0%	54.7%	45.6%	44.9%	45.4%	43.8%	47.0%	44.5%
The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.															
October 2015															

- A higher percent of the population with incomes of 200% FPL or less have experienced food insecurity in East region compared to the county.
- Linguistic isolation among East Region residents lower than county overall.


## TOP 10 LIVE WELL SAN DIEGO INDICATORS





**Live Well San Diego**  
East Sub-Regional Areas

**Community Indicators - 2015**



Indicator	East Region Communities														San Diego County	California	United States
	Alpine	El Cajon	Harbison Crest	Jamul	La Mesa	Laguna-Pine Vly	Lake-Side	Lemon Grove	Mount Empire	Santee	Spring Valley	East Region (RHSA)					
Percent of population who volunteered for a charitable organization in the last 12 months	18.2%	13.4%	14.9%	20.2%	15.3%	17.7%	13.9%	12.6%	15.0%	15.7%	15.0%	14.8%	15.6%	14.5%	15.1%		
Percent of population who contributed to a political organization in the last 12 months	6.1%	4.7%	4.9%	5.9%	4.9%	4.8%	4.0%	3.5%	4.0%	4.2%	4.4%	4.6%	4.9%	4.7%	4.3%		
Percent of population who contributed to arts and cultural organizations in the last 12 months	6.4%	4.6%	5.0%	6.2%	4.8%	3.8%	3.7%	3.5%	3.3%	4.2%	4.6%	4.5%	5.1%	4.8%	4.2%		
Percent of population who contributed to educational organizations in the last 12 months	12.5%	8.3%	9.8%	13.8%	8.8%	10.8%	8.7%	7.5%	10.5%	9.4%	8.8%	9.1%	9.5%	9.0%	9.0%		
Percent of population who contributed to environmental organizations in the last 12 months	7.4%	5.2%	6.1%	6.7%	5.7%	4.6%	4.5%	4.0%	3.9%	5.1%	5.3%	5.3%	5.6%	5.1%	4.8%		
Percent of population who contributed to health organizations in the last 12 months	12.2%	7.9%	10.5%	12.8%	9.0%	11.5%	9.0%	7.0%	9.0%	9.7%	9.4%	9.1%	9.1%	8.6%	8.8%		
Percent of population who contributed religious organizations in the last 12 months	30.0%	21.8%	27.8%	31.7%	24.8%	28.9%	25.5%	21.2%	24.8%	26.7%	24.5%	24.6%	24.2%	23.4%	25.3%		
Percent of population who contributed to social service organizations in the last 12 months	12.7%	7.7%	9.7%	12.5%	9.6%	9.8%	8.1%	6.5%	7.7%	9.5%	8.9%	8.8%	9.4%	8.6%	8.8%		

[View Indicator Description and Source Notes](#)

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

- East region has comparable percentages to the county, overall.
- Alpine, Jamul, and Laguna-Pine Valley tend to be the most generous with higher percentages of the population volunteering and donating money to various organizations.

## KEY HEALTH CONCERNS



### EAST REGION

- With the population of those 65 years and older projected to have the largest increase by 2030, Alzheimer's Disease and Other Dementias is one of the leading health concerns in the East Region:
  - By 2030, there will be an estimated **21,500** East Region residents 55 and older, living with ADOD; accounting for nearly a quarter of the entire ADOD population in the County.
- Chronic disease is the leading cause of death among East Region residents.
  - **Cancer is the number one cause of death**, followed by CHD.
  - Among the East Region SRAs in 2013, **Jamul and Spring Valley had the highest percentages of deaths due to 3-4-50 chronic diseases at 65% and 61%** respectively. This is higher than the Region and County overall.

## FOR MORE INFORMATION



For more information, including data,  
resources and reports, from Public Health

Services:

[www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# QUESTIONS?



LIVE WELL  
SAN DIEGO



## WHERE DO WE GO FROM HERE?



1. What stands out to you about the data and the trends?
2. Do the data as presented reflect what is happening in your community?
3. Do the data suggest to you anything new that needs to be done?